



Volume 5

# YOU ARE WHAT YOU DRINK

10 Ways to Say  
"No" to Alcohol

Word Search:  
What You  
Could Lose  
by Drinking

**THE CENTURY COUNCIL**  
Fighting drunk driving and underage drinking

A Public Service in  
Association With



POP QUIZ

At your age, how much alcohol is too much?

The answer is simple: If you are under the legal drinking age, any amount of alcohol is too much.

Don't believe it? Ask your parents. Listen to their advice. They can help you learn why you shouldn't drink alcohol. There's a reason underage drinking is against the law—it's dangerous. And there are many reasons why it's dangerous for young people, which you'll discover in these pages. In fact, too much alcohol can be downright life-threatening. The danger is not just to you but also to people around you.

If you know how to ask, listen, and learn, then you know how to stay safe. Alcohol can be one of the biggest risks to people your age. It is also one of the easiest risks to avoid. These pages will tell you the hard truth about alcohol, and they'll get you to think about it. Ask. Listen. Learn. That's A.L.L. you have to do.



10 WAYS OUT

People your age sometimes feel it's hard to say no to alcohol—even to a best friend. If anyone offers you a drink, be prepared with an answer to refuse it. That way you won't feel pressured to think one up on the spot. Below are seven possible ways to say no. Some are straightforward, while others are more creative than "I'm not allowed." Try to remember them all—and make up three of your own, too. By the way, all of these responses were made up by kids like you!

- 1 I'm not a follower. I'm a leader—and I'm saying NO!
- 2 That's not my style.
- 3 No way...that's not for me.
- 4 I'm not a drinker, I'm a thinker!
- 5 No thanks. I'm allergic to alcohol.
- 6 Sorry, but alcohol is not good for my gorgeous body.
- 7 I'm way too cool for that stuff.

Your lines:

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

A Win-Win Situation

Awards are usually given for something you have done. However, these awards are given for something you have not done (and will not do)—drink alcohol underage. As you continue going through this booklet, you'll learn more and more about the dangers of underage drinking,

and you'll realize that you don't need awards to avoid alcohol. Still, you deserve an award anyway! As you complete the activity described on the Award Card, fill in your name and then present the page to your parents to trade it in for a great award.

For talking with a parent about "You Are What You Drink," this Certificate hereby awards:

name \_\_\_\_\_  
the following:  
One (1) less chore (of your choosing) this week  
Expiration date: Never

For reading "10 Ways Out" and making up three ideas of your own, this Certificate hereby awards:

name \_\_\_\_\_  
the following:  
One (1) bedtime extension of fifteen (15) minutes  
Expiration date: Never

YOU ARE WHAT YOU DRINK



Unscramble the words and draw a line to connect them to the correct part of the body. Then figure out from the list below which word belongs in the blank space! (The correct scrambled word and the word that goes in the blank appear upside down at the bottom of the page.)

nuslg  
Large amounts of alcohol can make it hard for you to \_\_\_\_\_. You can pass out. If you throw up, you may not be able to breathe easily and you might choke.

reliv  
Alcohol can cause \_\_\_\_\_ to build up in this organ. That becomes scar tissue, which can lead to a disease that can eventually kill you.

Lalms tessentini  
Alcohol can damage the \_\_\_\_\_ of this organ.

esey  
Alcohol can make it hard to stay awake, but then it also disturbs your \_\_\_\_\_. When you wake up, you will still be tired, and maybe grouchy, as well.

riban  
Drinking alcohol might depress you and affect the cells that help you \_\_\_\_\_ and move normally. This could make you do all sorts of things that you wouldn't usually do.

You might not be able to remember your address. You might get a fierce headache that seems to last forever. You might become so dizzy that you are unable to do such basic things as tie your shoes, unlock a door, or ride your bike. You might pick a fight with someone much bigger than you. You might run across a highway or do something else that's dangerous.

areth  
Alcohol can stress this organ. You may have an irregular heartbeat, high \_\_\_\_\_ pressure, or even a stroke.

selg  
Alcohol makes you clumsy. You can't walk \_\_\_\_\_ and you trip, even over nothing. And don't even think about getting on your skateboard.

fat think sleep straight  
lining breathe blood





# Search for What You Could Lose

Usually we search for things we've already lost. But in this word search, circle anything you could lose—if you drink alcohol underage. Words may appear horizontally or vertically, forward or backward. To help you, the words you're searching for are given—but just as alcohol mixes up a person's judgment, we've scrambled the clues, too.

RACEAPPNEA  
DEGRAS  
IMAFLY

IFNERDS  
LATHEH  
PRESCET

F	S	G	D	S	A	A	C	A	O
A	F	R	I	E	N	D	S	E	R
T	W	A	O	H	B	F	O	S	K
G	I	D	R	R	Y	R	C	I	E
R	U	E	E	A	L	E	R	E	H
E	A	S	S	S	I	S	S	B	T
D	E	O	C	O	M	P	I	A	L
E	C	N	A	R	A	E	P	P	A
O	P	F	B	I	F	C	H	F	E
R	L	E	I	A	S	T	O	J	H

Answers: APPEARANCE GRADES FAMILY FRIENDS HEALTH RESPECT

## The Reflection of a **Positive Choice**

The warnings about the dangers of alcohol are always around, but some teens don't see them. Do you?

Each poster below has a message, but one word from each message is missing. Find the three missing words hidden somewhere in the picture, then figure out which word goes in which blank.



Answers: choice chance consequences

For more information, visit [www.asklistenlearn.com](http://www.asklistenlearn.com).

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